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## **JUDGING OTHERS – BASHAR**

*Channeled by Darryl Anka*



*From a session of questions asked of BASHAR who is channeled by Darryl Anka.*

Q: Sometimes when I'm alone, I feel everything wonderful about me. I mean, I feel the powers and I feel clear...

B: Yes.

Q: ...and then I open the door of my house and I walk outside, and I feel affected by everybody else's reality.

B: May I make a suggestion?

Q: I would like that.

B: Recognize you are never outside, EVERYTHING you see is from within, everything. It is your entire house and you have decided to cocreate it. If you wish to give your power away to someone else and assume that their projected reality has more validity than the one you prefer, so be it. But that comes from within and it is a self-judgement; and it is your opportunity to recognize that you do not have to judge yourself so harshly.

Q: Well, I'm not happy with that, I mean I....

B: You are not happy with yourself?

Q: I'm not happy, I mean people around me... there are some people that I don't like and I'm not....

B: Why? Do they exhibit things that you do not like within yourself?

Q: Perhaps, I haven't thought about that, in that way.

B: Recognize this idea, as long as you choose to judge another individual's method of learning what they have chosen to learn, you will be attaching yourself to that mode of learning and becoming the same vibration. "Judge not lest ye be judged," does not mean that you are being judged from someone else outside, it means, as you tune into the vibration of invalidating another's path, you invalidate yourself. And you attach yourself immediately to that type of a scenario and so feel that same wave vibration.

By simply recognizing that you know what you prefer and that what you see around you is simply an observation of what others have chosen for themselves, then that allows you to know that even though you can observe it, it does not affect the vibration you chose to be, unless you chose to let it and create it for yourself. You can ONLY experience someone else's vibration when you choose to create your own version of it for you, that is the only way you can experience anything. You must choose to create it for yourself by becoming the same idea. And that is why you feel it, because you are judging it.

Q: I don't enjoy it at all.

B: Then don't recognize the vibration as anything that has to do with your reality. Understand, you are making the assumption that enjoying something or not enjoying it is something you have no control over. But you are choosing your point of view. Understand the difference between judgment and preference.

Judgement is the invalidation of what you do not prefer. Preference is simply recognizing what is true for you, and by being that vibration and allowing equality for all other choices. Then you will be allowing yourself to experience the support of All That Is in granting you the right to feel as you do, within the vibration you have described and defined yourself to be. You will never feel the effect of anyone else's choice. Only by making an attachment to them do you identify with them and create that vibration for yourself. That is the only way you can create a lack of enjoyment, by creating the vibration for yourself you see in them. Just because they are doing it doesn't mean you have to feel it. You follow me?

Q: Yes, I do, thank you.

<http://bashar.org/>